

Claims

[c1] What is claimed is:

The *drink* is an isotonic sports beverage and sports beverage concentrate fortified with Calcium, Iron, Vitamin B Complex, Vitamin C, and Vitamin D which is especially useful in providing an energy source as well as essential vitamins and minerals to female and teenage athletes before, during, or after periods of physical activity, who are at risk of Iron Deficiency Anemia, Amenorrhea and Osteoporosis.

[c2] The drink of claim 1 is an liquid composition adapted for oral administration of water, physiologically essential electrolytes, nutrient vitamins and minerals, and carbohydrates to a human body before, during, or after periods of physical activity.

[c3] The beverage of claim 1 wherein the carbohydrate source is present at a total concentration in a single serving of 14 grams.

[c4] The beverage of claim 3 wherein the carbohydrate source comprises glucose.

- [c5] The beverage of claim 3 wherein the carbohydrate source comprises high fructose corn syrup solids.
- [c6] The beverage of claim 1 wherein the electrolyte comprises a group consisting of sodium chloride ions (80 mg) and potassium chloride ions (30 mg) and minor amounts of sodium benzoate, potassium sorbate or potassium phosphate as preservatives.
- [c7] The beverage of claim 1 further comprising a source of Vitamin C wherein said source provides 100 percent of the daily requirement of 60 mg per serving.
- [c8] The beverage of claim 1 further comprising a source of Calcium wherein said source provides 20 percent of the daily requirement of 1200 mg per serving
The beverage of claim 1 further comprising a source of Iron wherein said source provides 10% percent of the daily requirement of 15 – 18 mg per serving
The beverage of claim 1 further comprising a source of Vitamin B Complex wherein said source provides 10 percent of the daily requirement of 60 mg per serving.
- [c9] The beverage of claim 1 further comprising a source of Vitamin D wherein said source provides 10 percent of the daily requirement of 200 iu per serving.
- [c10] The beverage of claim 1 further comprising a source of

prebiotic fiber as soluble oligofructose that becomes a selective food source in the large intestine

- [c11] The beverage of claim 1 further comprising natural and artificial flavors and artificial or natural color
- [c12] The concentrate of claim 1 wherein said concentrate is in the form of a syrup suitable for constituting with water to form a final beverage for oral administration of water, physiologically essential electrolytes, nutrient minerals, and carbohydrates to a human body.
- [c13] The concentrate of claim 1 wherein said concentrate is in the form of premix concentrate suitable for constituting with water and carbohydrate sources to form a final beverage for oral administration of water, physiologically essential electrolytes, nutrient minerals, and carbohydrates to a human body.